



State, Local, and Community Winter Storm Resources

Quick Prep Checklist

Personal:

- Water: 1 gallon per person per day (more if breastfeeding, sick, or for pets).
- Food: Ready-to-eat items (manual can opener), baby formula as needed.
- Medications: 7-day supply, copies of prescriptions, medical devices/chargers.
- Warmth: Layers, hats/gloves, blankets/sleeping bags, hand/foot warmers.
- Light/power: Flashlights (not candles), extra batteries, power banks, car charger.
- Safety: First-aid kit, whistle, multi-tool, duct tape, matches/lighter.
- Sanitation: Wipes, trash bags, toilet supplies.
- Documents and cash: IDs, insurance, important papers in a waterproof bag; small bills.

Pipes and water:

- Prevent freezing: Drip hot and cold faucets, open sink cabinets to warm pipes, insulate exposed pipes, keep thermostat consistent (55°F+ even if away).
- If a pipe bursts: Shut off main water valve, avoid standing water near outlets, call a plumber/landlord, document damage.

Home and Heat Safety:

- Prevent fires/CO: Never use ovens/grills for heat. Use space heaters 3+ feet from anything that can burn; plug directly into wall; turn off when unattended. Test smoke and CO alarms.
- Generator safety: Run outdoors, 20+ feet from doors/windows/vents; point exhaust away; never in garage or porch.
- Keep heat in: Close off unused rooms, hang blankets over windows/doors, use draft stoppers, wear layers.
- If you lose heat: Consider warming centers; bring meds/chargers/IDs if you have them (most do not require ID).



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Power Outage and Device Tips:

- Conserve battery: Low-power mode, dim screen, disable background apps; text instead of call.
- Fridge/freezer: Keep closed—food stays safe ~4 hours in fridge, 48 hours in a full freezer. Discard perishable items above 40°F for 2+ hours. Use a thermometer if possible.
- Unplug sensitive electronics to avoid surge damage; leave one light on to know when power returns.

Travel and vehicle safety:

- Avoid driving on ice if possible. Bridges/overpasses freeze first; black ice is hard to see.
- If you must drive: Go slow, increase following distance, keep gas tank at least half full.
- Car kit: Blanket, hat/gloves, water/snacks, scraper, shovel, sand/kitty litter, jumper cables, phone charger, basic first aid, flashlight.
- If stranded: Stay with your vehicle; call 911. Clear snow from tailpipe. Run engine 10 minutes per hour for heat, crack a window slightly, and display a bright cloth for visibility.

Health, neighbors, and pets:

- Shoveling snow is strenuous—take breaks; people with heart/lung conditions should avoid heavy exertion.
- Check on elderly/disabled neighbors and anyone who relies on electricity for medical equipment.
- Pets: Bring them indoors; short outings only. Keep extra food/meds and wipe paws to prevent ice melt irritation.

Downed lines and gas concerns:

- Treat all downed wires as live. Stay at least 35 feet away; call your utility or 911.
- If you smell gas (rotten eggs), leave immediately and call the gas company/911 from outside



State, Local, and Community Winter Storm Resources

National:

FEMA – Federal Emergency Management Agency

Phone: 1-800-621-FEMA (3362)

Website: <https://www.disasterassistance.gov>

Services: Disaster relief assistance for housing, repairs, temporary lodging, and essential needs following a federal disaster declaration.

United Way 2-1-1 (Nationwide)

Phone: 2-1-1

Website: <https://www.211.org>

Services: Free, confidential connection to local social services and disaster assistance referrals nationwide.

American Red Cross

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org>

Services: Emergency shelter, food, disaster recovery support, and preparedness education.



State, Local, and Community Winter Storm Resources

Connecticut:

Connecticut Division of Emergency Management and Homeland Security (DEMHS)

Phone: 860-256-3081

Website: <https://portal.ct.gov/DEMHS>

Services: Statewide severe weather alerts, emergency planning, shelter information, and disaster recovery coordination.

United Way 2-1-1 / Connecticut Information & Referral

Phone: 2-1-1

Website: <https://www.211ct.org>

Services: Referrals for food support, utility help, housing, and crisis assistance during winter emergencies.

Connecticut Department of Transportation (CTDOT) – Traveler Info

Phone: 860-594-2000

Website: <https://www.ct.gov/dot>

Services: Real-time road conditions, closures, and winter travel safety information.

Eversource Energy (CT Electric & Gas)

Phone: 1-800-286-2000

Website: <https://www.eversource.com>

Services: Power outage reporting, restoration updates, and safety guidance.

American Red Cross – Connecticut Region

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/connecticut.html>

Services: Emergency shelter locations, disaster relief, and recovery support.



State, Local, and Community Winter Storm Resources

Maryland

Maryland Emergency Management Agency (MEMA)

Phone: 410-517-3600

Website: <https://mema.maryland.gov>

Services: Statewide emergency alerts, winter storm updates, shelter information, and disaster recovery guidance.

Maryland 2-1-1 (United Way of Central Maryland)

Phone: 2-1-1 or 866-411-6803

Website: <https://www.211md.org>

Services: Local referrals for warming centers, food assistance, utility help, housing support, and crisis services.

Maryland Department of Transportation (MDOT)

Phone: 410-545-0300

Website: <https://www.roads.maryland.gov>

Services: Real-time road conditions, traffic alerts, winter driving safety information.

Baltimore Gas and Electric (BGE)

Phone: 1-800-685-0123

Website: <https://www.bge.com>

Services: Power outage reporting, estimated restoration times, and gas/electric safety guidance.

American Red Cross – Maryland Region

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/maryland.html>

Services: Emergency shelters, disaster relief services, recovery assistance, and preparedness education.



State, Local, and Community Winter Storm Resources

Massachusetts

Massachusetts Emergency Management Agency (MEMA)

Phone: 508-820-2000

Website: <https://www.mass.gov/orgs/massachusetts-emergency-management-agency>

Services: Winter storm alerts, state guidance, shelter info, and emergency coordination.

Massachusetts 2-1-1 / United Way

Phone: 2-1-1

Website: <https://mass211.org>

Services: Referrals to food pantries, shelter, utility assistance, and crisis support.

Massachusetts Department of Transportation (MassDOT)

Phone: 857-368-9540

Website: <https://www.mass.gov/orgs/massachusetts-department-of-transportation>

Services: Road condition updates, closures, and winter travel advisories.

Eversource Energy (MA)

Phone: 1-800-592-2000

Website: <https://www.eversource.com>

Services: Electricity and gas outage reporting and restoration updates.

American Red Cross – Massachusetts / Rhode Island

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/massachusetts.html>

Services: Emergency sheltering and disaster support.



State, Local, and Community Winter Storm Resources

New Jersey:

New Jersey Office of Emergency Management (NJOEM)

Phone: 1-800-242-4584

Website: <https://www.ready.nj.gov>

Services: Severe weather updates, emergency alerts, and state disaster resources.

New Jersey 2-1-1 / United Way

Phone: 2-1-1

Website: <https://www.nj211.org>

Services: Referrals for food, shelter, utility support, and crisis assistance.

New Jersey Department of Transportation (NJDOT)

Phone: 609-931-2700

Website: <https://www.state.nj.us/transportation>

Services: Road condition updates, closures, and winter travel safety info.

Jersey Central Power & Light (JCP&L)

Phone: 1-888-544-4877

Website: <https://www.firstenergycorp.com>

Services: Outage reporting, restoration updates, and safety tips.

American Red Cross – Greater New Jersey

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/new-jersey.html>

Services: Emergency sheltering and disaster assistance.



State, Local, and Community Winter Storm Resources

New York:

New York State Division of Homeland Security and Emergency Services (DHSES)

Phone: 518-242-5000

Website: <https://www.dhSES.ny.gov>

Services: Statewide alerts, shelter info, disaster resources, and preparedness guidance.

New York 2-1-1

Phone: 2-1-1

Website: <https://www.211.org/new-york>

Services: Referrals to food banks, emergency shelter, utility support, and crisis support.

New York State Department of Transportation (NYSDOT)

Phone: 511

Website: <https://www.dot.ny.gov>

Services: Road conditions, travel advisories, and winter weather updates.

Consolidated Edison (Con Edison)

Phone: 1-800-752-6633

Website: <https://www.coned.com>

Services: Power outage reporting, safety guidance, and restoration updates.

American Red Cross – Greater New York Region

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/new-york.html>

Services: Emergency sheltering, disaster recovery, and preparedness resources.



State, Local, and Community Winter Storm Resources

Pennsylvania:

Pennsylvania Emergency Management Agency (PEMA)

Phone: 717-651-2001

Website: <https://www.pema.pa.gov>

Services: Statewide emergency alerts, winter storm preparedness guidance, shelter coordination, and disaster recovery information.

Pennsylvania 2-1-1 / United Way

Phone: 2-1-1

Website: <https://www.pa211.org>

Services: Referrals for food assistance, emergency shelter, utility help, and crisis services.

PennDOT – Pennsylvania Department of Transportation

Phone: 511

Website: <https://www.511pa.com>

Services: Real-time road conditions, closures, traffic advisories, and winter travel safety updates.

PECO Energy (Electric & Gas Utility)

Phone: 1-800-841-4141

Website: <https://www.peco.com>

Services: Power outage reporting, estimated restoration times, and gas/electric safety guidance.

American Red Cross – Pennsylvania Region

Phone: 1-800-RED-CROSS (733-2767)

Website: <https://www.redcross.org/local/pennsylvania.html>

Services: Emergency sheltering, disaster relief support, and recovery assistance.